WORKOUT WILL MAKE YOU THOR (AND SORE)

CHRIS HEMSWORTH'S TRAINER GIVES YOU SUPERHERO TIPS. PAGE 10

metro®

BOSTON Monday, November 11, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

Super Bowl-caliber superlatives. The Patriots are most likely to succeed in the AFC in the final stretch of the season. Will it lead to a trip to New Jersey in February? **Team MVP.** For once, it's not Tom Brady. **Class clown.** The health of Rob Gronkowski will be no laughing matter. PAGE 13

Head of the class

New court would help troubled veterans

PAGE 02

Tom Mison discusses his 'Hollow' success

PAGE 08

Invent a new job at your dream company

PAGE 11

1
NEWS
Top 3
What's trending online at Metro.us
1 'Anthony Davis stripped naked, spanked in locker room'
2 'VIDEO: Makeover transforms homeless vet's outlook'
3 'VIDEO: Man records life in one-second shots'
Today's tweet
"When you sneeze at the airport and 4 different people say bless you. I am not in Boston. #lakeclear #isthisa realairport"
Apparently @JuliaLLyon's noisy nose gets a better reception when she's out of town.

Mayor's office eyes special court for afflicted area vets

Veterans court. The program would aid vets suffering from substance abuse and mental health issues.

The state Trial Court, working with the city of Boston, plans to increase programs to provide substance abuse and mental health treatment for veterans while working to create a specialized "Veterans Court."

Mayor Thomas Menino's office recently announced the efforts to assist veterans involved in the court system, saying that traditional court sentences fail to address the underlying conditions of a veteran's criminal conduct and provide another obstacle to obtaining employment and housing.

The city and Trial Court will fund the training of personnel and offer court programs that provide treatment for Boston-area veterans suffering from substance abuse and mental health issues. The city said pilot programs in other states and elsewhere in Massachusetts have been successful and have cut recidivism rates.

Also, a special veterans court will be created in Boston to see if it can work on a permanent basis.

Quoted

"We need a different model for these wounded warriors, one that focuses on restorative justice and rehabilitation."

Bill Sinnott, Boston's Corporate Counsel

The city's head lawyer Bill Sinnott, a former Marine, said there needs to be another way of aiding veterans through the court system.

"We need a different model for these wounded warriors, one that focuses on restorative justice and rehabilitation," Sinnott said in a statement. "On this Veterans Day the sacrifices of the men and women who have served in our military will be appropriately commemorated by our city and by fellow veterans who understand that it is our solemn duty to leave no warrior behind. This agreement takes that sentiment and carries it home for them."

City agencies including veterans services, human services, Boston police and the city law department have signed on to provide assistance.

Menino said the traditional means of dealing with a veteran's afflictions and court involvement are "inappropriate and unproductive."

"Many struggle with post-traumatic stress disorder, the effects of traumatic brain injuries or other service-related mental health issues. Their afflictions lead some to criminal activity and the court system, and traditional measures are both inappropriate and unproductive for these men and women," Menino said in a statement.

MICHAEL NAUGHTON
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Inman Square goes a little bit country at harvest festival

Crowds gathered in Inman Square on Sunday to celebrate the neighborhood's first annual Harvest Hoedown. The celebration, meant to commemorate the fall season as well as the neighborhood's businesses, featured a chef's tasting, a beer garden, live music, children's activities and various contests. A portion of the profits from the event will be donated to the Cambridge nonprofit Food For Free. / JEREMIAH ROBINSON, METRO

New digs

Governor's office to get $9M reno

Gov. Deval Patrick's office on Friday announced a $9 million renovation plan for the governor's office, a project that will force him out of his historic digs for at least seven months while crews work to open up the lobby of the executive suite to restore the original Charles Bulfinch design.

Construction on the project, part of a $110 million historic renovation of the State House, is expected to start in January and will last until early August. While work is being done, Patrick will relocate his office to the second floor of the building's West Wing, a space currently occupied by his legal team. SHNS

Standing ground

Hundreds rally for fired bus strikers

More than 200 people rallied at a Dorchester bus yard Saturday in support of four union leaders who were fired for allegedly instigating a wildcat strike of Boston's school bus drivers.

Last week, Veolia Transportation terminated Stevan Kirschbaum, Steve Gillis, Andre Francois and Garry Murchison, of United Steelworkers of America Local 8751, for the Oct. 8. strike that left 33,000 bewildered Boston-area students without transportation.

Last month, buses went idle.
NICOLAUS CZARNECKI, METRO

"No way are my brothers going to be fired, and no way will 800 of us be given written warnings, and no way that we are going to stop standing up for our rights," said driver Richard Lynch. METRO

Drug bust. Box of 'molly' intercepted at Logan

A pound of the club drug known as "molly," a form of MDMA, was shipped from China through Logan Airport to a Milford man who was arrested in a sting operation.

State police said the package containing the drug was intercepted at Logan Airport on Wednesday. It had been shipped from China and had a delivery address of Milford.

A state police trooper posed as a FedEx driver and made a controlled delivery to the Milford address. The unidentified owner of the package came to pick it up and he was arrested on drug charges, state police said. MICHAEL NAUGHTON

Construction workers use accelerated bridge construction techniques to replace an MBTA bridge near the corner of Dickens and Clayton streets in Dorchester. / JEREMIAH ROBINSON, METRO

Bridge replaced in hours, not months

Fast track. A bridge in Dorchester got a speedy upgrade over the weekend.

A Red Line bridge in Dorchester was replaced over the weekend, making it the first Accelerated Bridge Construction project of an MBTA subway line.

On Saturday, workers began to demolish the 102-year-old Clayton Street bridge. The new replacement bridge was put into place by 3 a.m. Sunday, according to MBTA spokeswoman Kelly Smith, who said commuters could expect the line to be up and running by today's commute.

If a typical phased construction method had been used for the project, it would have taken 30 months to replace the bridge, Smith said.

"The Red Line is obviously an incredibly busy line and carries a significant amount of passengers. Anytime we can get something done quicker, for less money and with less of an inconvenience to our customers, that's something we're happy about," said Smith.

The replacement bridge was preassembled on temporary supports at a staging area, then carried a short distance along Clayton Street and lowered into position.

Although no plans have been announced, transportation officials are not ruling out embarking on more speedy projects in the future.

Quoted

"Anytime we can get something done quicker, for less money and with less of an inconvenience to our customers, that's something we're happy about."

Kelly Smith, MBTA spokeswoman

"So far this [accelerated work] has been a success," Smith said. "This is definitely something we're happy to have in our tool box."

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Let the games begin

Group explores Olympic bid for Boston

A volunteer group of business leaders, developers and construction experts is exploring the prospect of bringing 2024 Summer Olympic Games to Boston.

Former Gov. Mitt Romney, who advised the 2002 Salt Lake City Winter Games, told the Globe it would be a "marvelous community-building experience" if the Games were held in Boston. **GLOBE**

Zip it up. Cops say three men urinated from North End fire escape at party

Three men in their 20s will be in court on Tuesday after they allegedly threw beer cans and urinated from a fire escape of a North End building over the weekend.

Police said officers were called to 226 Hanover St. just before 1 a.m. Saturday for a report of a party and that people were relieving themselves and throwing beer cans from the balcony.

MICHAEL NAUGHTON

226 Hanover St.
JEREMIAH ROBINSON, METRO

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Children send wish lists to Santa for Tony's Metro Magic

Giving spirit. Kids ask for Elmo dolls, Legos and gifts for their mothers this coming holiday season.

Santa Claus has delivered to our offices the first letters he received from kids living in shelters to become part of Tony's Metro Magic.

The annual holiday toy drive is done in conjunction with Toys for Tots and the U.S. Marines. It was formerly overseen by our beloved editor-in-chief, Tony Metcalf. He passed away in June from cancer at age 50. Metro Magic was an initiative that he held dear to his heart, and we've renamed the event in his honor.

"Tony loved kids. He saw them all as innocents. He believed all children, no matter what the circumstances, deserved a childhood," Leslie Cain-Metcalf said of her late husband.

"He loved Christmas, too. As the shops fill here with decorations and trees, I wonder how I will get through my first Christmas without him — and more importantly, how I will ever fill his shoes and love of Christmas for our kids. For him to be able to carry on doing so through Metro would have been a massive honor for him."

The letters that Santa dropped off request a wide variety of gifts, at all prices, for kids who might not otherwise have a holiday.

"Dear Santa, I will take anything you can give me. I would like a big Elmo so I won't be alone in the shelter," one child wrote.

Legos were something that a lot of children asked for. "I would like Legos, please. Lots of them. Thank you, Tom."

Several kids asked for gifts for their mothers instead of themselves. "Santa, I want my mom to be healthy this year. I am OK," Wanda, 10, wrote.

Help us give these needy children a happy holiday season. METRO

Tony Metcalf, late editor-in-chief of Metro, with his daughter Freya. / COURTESY OF LESLIE CAIN-METCALF

What to give

Metro is collecting new, unwrapped gifts, not clothes.

- Things like action figures, dolls, board games and sports toys, like a football, are always good.
- And don't forget about older children, ages 11 and up. Older children would love to receive an MP3 player, a makeup kit or a poster from their favorite movie this year.
- Spending $10 or $20 on a toy or two for a needy child can make a big difference.

Helping the homeless

Helping families

In addition to Toys for Tots, Metro Boston teams up with the nonprofit Heading Home, which aims to end homelessness for good in Greater Boston.

"The holiday season is particularly challenging for homeless families across Greater Boston who don't have the resources to provide their children with gifts," said Tom Lorello, Heading Home's executive director.

"Thanks to Metro Magic's generous past support, Heading Home has been able to provide more than 1,500 families with holiday gifts."

How to take part

1 Look for the Tony's Metro Magic logo on our website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up on the website via a secure link on ToysRUs.com.

3 Once there, you can see all the toys we've already requested for kids, and more are being added daily. Simply select the toys you want and purchase them.

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Moderate. New Jersey Gov. Christie hedges on serving out full term

Newly re-elected New Jersey Governor Chris Christie, widely considered a potential Republican presidential candidate in 2016, on Sunday declined to say whether he would serve out his full four-year term rather than run.

Asked by interviewer George Stephanopoulos on ABC's "This Week" whether he would complete his current term, Christie replied: "Listen, who knows. I don't know. I'm going to continue to do my job and finish the job. But ... I didn't expect to be sitting here four years ago, George. So, nobody can make those predictions." REUTERS

Mitt Romney and Governor Chris Christie, during Romney's 2012 campaign. / GETTY IMAGES

Quoted

"I think the national solution has to ... be figured out by the people who are in charge of our national government. My job is to fix what's going on in New Jersey."

Christie

When sked by Stephanopoulos if he considered that immigration reform should include a path to citizenship and reduced in-state college tuition for some illegal immigrants.

Early data to show how many still waiting to enroll

Rep. Cory Gardner, R-Colo., uses an ad for a parody website to mock the rollout of the Affordable Care Act during the testimony of Kathleen Sebelius before a House Energy and Commerce Committee hearing on the failures of the enrollment website. / GETTY IMAGES

Administration. They are racing to make the website work smoothly by November's end.

The Obama administration will release health-care enrollment numbers for Obamacare's rocky October rollout this week that could be more important for what they fail to say, than for what they do.

President Barack Obama's Democratic administration, which is under intense pressure from Republicans to release the data, has signaled that the total will be low after weeks of technical problems with the federal website, HealthCare.gov.

But that will only underscore the huge number of people believed to be waiting for a chance to obtain benefits, according to policy experts and congressional aides.

The Affordable Care Act mandates that most Americans at least be enrolled for health insurance by March 31 or pay a fine. REUTERS

Data will indicate

- Analysts say the October number should offer an early indication of whether Obama's landmark health initiative is proving more popular with poor people who qualify for Medicaid or with working-class families eligible for subsidized private insurance through new online marketplaces that have been set up in all 50 states.

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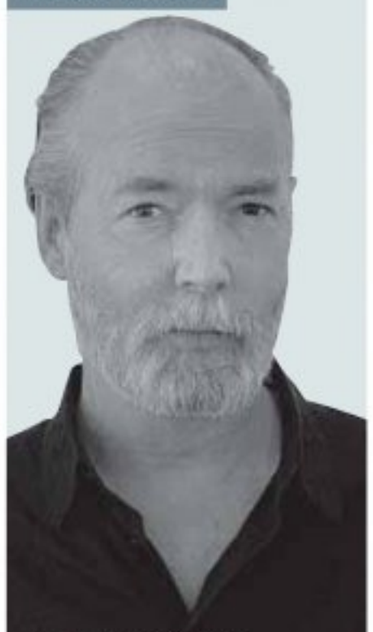

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the fourth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 6: Temp contemplates the remains of Detroit

My weekend was a social flop. I mostly helped my sister paint her basement suite yellow, while my scheduled meeting with Mr. Shoeman was called off at the last minute when his boss phoned with a pair of cage-boxing tickets at the Civic Arena.

Kevin Taylor's GT 500 lives on in Shannon's memory. / GETTY IMAGES

Sometimes a girl has to know when to admit defeat.

Monday morning Amy dropped me off at work just in time to see a tow truck drag away the charred husk of Kevin Taylor's prized 1968 Shelby GT 500 that was carbecued in Friday's warehouse mess.

Kyle rolled up just as Amy dropped me off. It was so sad, like watching a beached dead whale being dragged out to sea to be dynamited into chunks.

"Detroit peaked with that car," said Kyle. "Motown's high-water mark." He gave it a salute.

Amy said, "Look at how small it is — I mean, compared to my car."

We compared and she was right; her 2010 Hyundai Elantra is almost the exact same volume as a big-ass 1960s Mustang — and yet we think of modern cars as kind of like photocopiers on wheels while the Mustang … that's a car.

Kyle asked what the car was doing in the warehouse anyway. I said, "Kyle, can you keep a secret?"

"Sure. What's up?"

"Kevin Taylor was going to sell that car to pay for his wife's casino gambling addiction."

"Seriously?"

"Seriously. A hundred and 20 grand. I accidentally overheard a speakerphone call."

"Poor guy. My stepdad blew a $25,000 whiplash claim check all in one weekend."

He paused. "So, are you going to see Kung Fu guy again?"

"Kyle! That is so incredibly ever-so-slightly racist — and even if I was, what's it to you?"

"Just curious. What do you guys talk about — terra-cotta warriors? Gong Li movies?"

"Kyle, this conversation is over."

"So there is something going on."

I sighed. "We're, um, working on a project together."

"A project."

"You make it sound dirty. We're working on a platonic business venture. He is a nice conservative Chinese guy."

"OK. Don't tell me then."

"When do you find out if you got your refinery job?"

"Maybe this week."

"Is that a delivery for TKW you're holding?"

"It is."

I took it from him. "Thank you." I sauntered into the building purposefully whistling like someone trying to be mysterious. Inside the door I saw Sarah No. 1 waiting for me. What a way to start the week.

"Hello, Sarah."

"Hello, Shannon."

I remembered my pledge to be nicer to the office's remaining Sarahs. "Can I help you with anything?"

"Shannon, can I take you out to lunch today?"

Talk about a surprise. "Seriously?"

"Yes. Seriously."

Life is strange. "OK."

"See you here at noon."

"Deal."

See more at www.metro.us

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Northeastern University

Raisman: Don't judge the 'DWTS' athletes

Gymnast Aly Raisman, who captured the gold at last year's Summer Olympics before catapulting into a stint on "Dancing With the Stars," says that gymnasts and other athletes do not have an unfair advantage over other contestants on the hit ABC show.

"Dancing is so different than doing floor routine — your priority [there] is tumbling, and then out there it's dancing with your partner and being in sync with them," says the pint-size powerhouse, who was on-hand to open the 92 St. Y's new skyline gymnastics studio in New York on Sunday. "Gymnastics has nothing to do with cha-cha, rumba or samba — it's the exact opposite."

And just because she's an athlete doesn't mean she's not a klutz like the rest of us. "People think we're coordinated because we twist, we do all this stuff, but we're really not," she adds. "We just trip and fall all the time; we're so clumsy sometimes."

Raisman says she has been following this season, watching it on YouTube because she's practicing when it airs at night. She's mum on which celebs she thinks will make it to the finals, but there is one pro whom she's confident could capture the trophy.

"I feel like Derek [Hough] is in his own league — he's amazing," she says. "He's won three times and he's been in the finals a bunch of times, so I think he's definitely one to watch." MEREDITH ENGEL

GETTY IMAGES

When Fonda met Lawrence

Talk about blond ambition: Jane Fonda and Jennifer Lawrence, sporting her new Kate Gosselin cut, posed together at the reception for An Evening With David O. Russell, a special tribute during AFI Fest 2013, in Hollywood on Friday. The event, which celebrated Russell's contribution to film, showed off the first six minutes of his new film, "American Hustle," which stars Lawrence, Christian Bale and Bradley Cooper.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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dorothy.robinson@metro.us

Simpson returns to Weight Watchers

A long time ago, Jessica Simpson was paid $3 million to say she lost her baby weight from daughter Maxwell thanks to Weight Watchers. A few commercials came out, she did drop some pounds, but then — boom! — she became pregnant again with the fetus who would become son Ace Knute, thus putting the deal on hold.

But now the points are back to being counted, friends! "We were thrilled to welcome Jessica back on the Weight Watchers program in August," a company spokesperson confirms to omg!. "With a toddler on the run and an infant to look after, we know she needs a plan that's simple and fits into her life along with the support that's so important to moms with young children."

So, great. Expect commercials that lie and say that all it took for Jessica Simpson to lose her baby weight is counting points and "running after her children" — that old celebrity chestnut — to saturate our TV stations soon.

Jessica Simpson tweeted this photo from a Weight Watchers shoot on Friday. / TWITTER

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Cameron Diaz is getting the hang of Twitter, Whitney Cummings is feeling left out and Paris Hilton is making another album.

@CameronDiaz: I JUST got a super cool new app called Twitter. Twelloooo!!!

@WhitneyCummings: Twitter is great for seeing who of your friends is awake but hasn't texted you yet

@ParisHilton: Another fun and creative night in the studio. So excited about these new songs!

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A REAL SLEEPER HIT HERE

TV. "Sleepy Hollow" star Tom Mison talks Ichabod Crane and riling up romance.

Hold on to your heads! Fox's "Sleepy Hollow" has been picked up for a second season.

The show, a sort of modern-day retelling of Washington Irving's "The Legend of Sleepy Hollow," follows the resurrection of Ichabod Crane in a very unfamiliar modern-day Sleepy Hollow. According to Tom Mison, who plays Crane, adjusting the character to the 21st century makes the role a challenge. But don't worry; he will soon change that 250-year-old outfit he wears.

"In terms of the character, he's a long way from home — 250 years away from home — so anything that he can hold on to from his time, I think he certainly will," Mison says of Crane's wardrobe. "Anytime you think of how much he stinks, just think of it as a big stinking security blanket that he carries around with him."

Crane's struggles in coping with modern-day America, from outfits to OnStar, easily lend themselves to comedy. "The only way you can really sell the comedy is to play it as straight as the serious stuff," Mison says. "It also stops me from hamming it up."

Hamming it up is no easy feat for the prim and proper Crane. The calm character rarely lashes out. "He knows that he's cleverer than everyone else," says Mison, "but his manners won't allow him to tell people to stop being stupid."

But we can expect a more reactionary Crane in episodes to come. "When things start to get very personal, when there are revelations that are personal attacks on Crane and his past, that's when the rules start to fly out of the window," Mison says. "He starts misbehaving a little bit more. I'm trying desperately not to throw spoilers at you."

Viewers learn about Crane's past through flashbacks to 1776 in each episode. American history references run parallel to a plot about stopping the murderous, resurrected Four Horsemen of the Apocalypse, regardless of whether or not viewers would deem this storyline plausible.

What fans are definitely hoping is plausible is a romance between Ichabod Crane and Lt. Abbie Mills (Nicole Beharie), the young cop helping him stop evil. Mison, however, is not spilling any details.

"I think there is certainly something magic between Ichabod and Abbie; they're forced together whether they want to be or not," he says. "If anything were to happen between them it would certainly be fiery."

ANISA ARSENAULT
letters@metro.us

Offscreen dynamic

More than just run-of-the-Mills

Mison says he and Beharie have a great dynamic off-camera. "We like to explore scenes as a team, and yes, she's as wonderful offscreen as she is on," he says. "I'll look back on this job and hold it in really high regard a bit largely thanks to Nicole, and my coat and boots, obviously."

Tune in to "Sleepy Hollow" on Monday nights at 9 p.m. on Fox. / FOX

Quoted

"I think there is certainly something magic between Ichabod and Abbie; they're forced together whether they want to be or not. They certainly have a connection, and if anything were to happen between them it would certainly be fiery." Mison

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Hitting the books

Interview. Emily Watson didn't know about "The Book Thief" until the script showed up.

Emily Watson plays a grouchy mother in "The Book Thief."
GETTY IMAGES

Emily Watson hadn't read Markus Zusak's best-seller "The Book Thief" before reading the screenplay. But as soon as she did, the actress knew she wanted a part in the film.

"I saw the title and thought, 'Ooh, that looks interesting,'" she recalls. "And I sat down on my sofa and read it and wept and called my agent and asked, 'Who do I talk to? What do I do to get involved?'"

In the film, Watson plays a grouchy mother, Rosa, living in Germany under Nazi rule with a newly adopted child.

When you went back to the novel, what was different?
In the book, they actually have children of their own. ... But for our purposes, they made them childless — which was great, because I could use that as one of the things that Rosa was really angry [about]and disappointed by in her life.

What kind of research did you do?
What was really great was we were filming in Berlin. Berlin is a very honest city. It wears its history on its sleeve. Everywhere you go there's a museum or a memorial. ... I wasn't sure what the etiquette would be. Can you just ask somebody, "Was your granddad a Nazi?" But after a while with some of the other actors, we began asking them about their family. And they were very generous. One girl had grown up in East Berlin during the Stasi. She grew up believing her parents and grandparents had great integrity and were not Nazis and didn't betray people to the Stasi. She then found out that wasn't true. She was absolutely devastated by it.

This film is about a family who can't do anything about what's going on, beyond hiding Jews.
Even if you didn't buy into what was happening, you had to navigate a very grotesque path through it. If you expressed dissent you were targeted.

'Unconventional'

Starting out in film

You came from a theater background. But you had an unusual first film, the Lars Von Trier film "Breaking the Waves."
My first film was very unconventional in terms of the process. We did scenes over and over and over. He'd put a handheld camera in the middle of scenes and we just kept working. It felt like an endless rehearsal. It didn't feel like a structured filming process.

That must have made every film after a piece of cake?
[Laughs] Yeah, I suppose so.

How do you feel about the film now?
I feel very warm toward it, very emotional about it. My very dear friend Katrin Cartlidge, who died, is in it. It changed my life, really.

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How to get a body like Thor

Workout. As Chris Hemsworth reprises his role as the God of Thunder in "Thor: The Dark World," we speak to his personal trainer, Michael Knight, about how he stays fit and strong — even when he's not waving that hammer.

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training Chris Hemsworth on and off for years. Yup, even the star of the new "Thor: The Dark World" has a hard time maintaining that god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight. Hemsworth lost 30 pounds to play a Formula 1 driver in "Rush," and then had to put it right back on in time for "Thor." "So I always try and simulate the same workout in order to maintain his body shape in the long-term."

The "maintenance workout" — designed by Knight just for Hemsworth — revolves around three 20-minute sessions, which the star does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight says of his regime, which he adds "starts off slow and finishes with a fury."

"On some days, you're going into the time-under-tension method, which is where you're using really heavy weights to tire your core, and kettlebells. On other days, you might be doing double kettlebells, or working with a heavy tire, and finishing with a cardio blast. Whatever you do, each 20-minute session will leave you pretty shot."

The Chris Hemsworth workout

If, like Hemsworth, you're already in shape, then this workout will keep you strong. And it's all about big lifts. "The idea is that you continually rotate body parts: One day you work your chest, the next day your back, then your shoulders, and then you go back to your chest and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight. You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

Unless you're auditioning for "Thor 3," you don't need to train exactly like Hemsworth. But this abbreviated version should still do the trick. Here's an overview of what your week will entail:

Underneath that armor is a body of steel. / WALT DISNEY

Monday: Chest day

Today is a big barbell day. Your body is going to be torched.
Highlights: Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday: Back day

You're going to be a little sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.
Highlights: An active warm-up of one-legged dead lifts, followed by back-weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday: Off

Thursday: Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.
Highlights: An active warm-up of dead lifts and strong-man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday: Chest day

You're doing dumbbells today.
Highlights: Inclined dumbbell presses with squats, followed by push-up circuits and kettlebell lifts.

Saturday: Back day

This is a "show me what you've got left" day.
Highlights: Unweighted pull-ups, dead lifts and a metabolic cardio circuit, followed by jump ropes.

Sunday: Off

ROMINA McGUINNESS
romina.mcguinness@metro.lu

PLUS

What's on Thor's plate?

When it comes to food, you need structure. Knight suggests keeping your diet clean by sticking to complex carbs, lean protein and healthy fats. "Eat for fuel, not for enjoyment. But enjoy what you eat," he says. Knight recommends:

Protein:

Chicken, fish, plant-based protein powder, whole eggs, turkey, cottage cheese

Carbs:

Oatmeal, green vegetables, brown rice, sweet potatoes and very little fruit (Although Metro is hesitant to recommend cutting fruit from your diet, Knight insists on it for this plan.)

Fats:

Grass-fed butter, coconut oil, avocado

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IF THE JOB FITS, PITCH IT

It's more common than you may think to create your own job title, so don't be afraid to put yourself out there. / ERWIN WODICKA

See more at www.metro.us

Recently I've heard a few women talk about how they pitched their current jobs. As a typically rule-bound female, this came as a surprise. Pitch a job? It would never have occurred to me. Still, knowledge is power. Perhaps it's not too late.

Jessica Bennett is a journalist in her early 30s. She lost her last job earlier this year, but she was luckier than most: She got a call from the patron saint of women in the workplace, Sheryl Sandberg. She soon found herself interviewing at Sandberg's Lean In Foundation.

"I knew they had education and PR needs," says Bennett. "Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo," explaining how she thought LeanIn.org could tap into its community. Lean In invented a position for her.

Conjuring up the job you want is far more common than some of us may think, but according to Allison Hemming, CEO of placement agency The Hired Guns, you have to be judicious. When you go for an interview, you can't forget you're auditioning for a particular spot. "You have to know what the company's pain points are." So don't start by enumerating all the extra things you can do (or would rather do); gain the trust of the interviewer first. Listening to and questioning your interviewer, according to Hemming, "is the most under-utilized skill set when it comes to job hunting."

"Companies are hiring for the first time in several years," she says. "They want a lot of things." Meaning, you have a good chance of getting what you want, if you go about it right.

Hemming says it's key to address "fixing the core things" the company needs. "But while you're in the interview, look for cues and signals: laughing, smiling, nodding. It's just like a date — you know when it's going well."

When those signals are in place, you have a chance to say that you've been thinking about the business, and there are some additional things you'd like to explore.

She has one more tip for anyone itching to move. "Think about companies you love that drive you crazy, and how you'd fix them."

Write those things down and think about them — a lot. It's a question, she says, of convincing the interviewer that by doing something slightly different than advertised, "you can get them there faster."

Quoted

"I knew they had education and PR needs. Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo."

Bennett, on landing a job with Lean In

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21.
Changes at home will inspire you to take on a new project. You may have to work on your presentation skills. Improvements to your methods will pay off handsomely.

♐ Sagittarius | Nov. 22-Dec. 21.
Outsiders won't see things the same way you do. Stick close to home and make significant changes that will improve your life and your surroundings. Don't get angry; get moving.

♑ Capricorn | Dec. 22-Jan 20.
Put your money on the line. Indulge in a venture that could change the way you live and the people you associate with. Reach for the stars; they're within your reach.

♒ Aquarius | Jan. 21-Feb 18.
Learn from your mistakes. New avenues or ideas now may not pay off immediately, but given time you will find a way to make them do so.

♓ Pisces | Feb. 19-March 20.
Call up friends or make arrangements that favor love, romance or family fun. Entertaining your peers or a client will boost your professional and financial status.

♈ Aries | March 21-April 20.
Buckle down and make every move count. Watch out for pitfalls or traps that might land you in trouble. Keep watch over your possessions.

♉ Taurus | April 21-May 21.
Get into the swing of things. Indulge in activities that allow you to show off. Romance is on the rise, and specials plans on your part will meet with a warm reception.

♊ Gemini | May 22-June 20.
Make your daily round carefully. Expect someone to lead you astray or put blame on you. Protect your position and your reputation. Honest communication will help you avoid trouble.

♋ Cancer | June 21-July 22.
Enjoy getting out and taking part in activities and events that allow you to use your skills and display your talents. Networking will lead to an unusual proposal.

♌ Leo | July 23-Aug. 22.
Don't hem or haw when asked what you are up to. Keep your answers concise and your questions direct. Dealing with home improvements can be costly. Cut your losses and don't go over budget.

♍ Virgo | Aug. 23-Sept. 22.
A problem or confusing situation can be cleared up with honest and freewheeling communication. Love is in the stars, as well as a positive change.

♎ Libra | Sept. 23-Oct. 22.
Complete whatever job you've been given without complaint. If you are feeling restless, find a way to alleviate impulsivity by staying active. BERNICE BEDE OSOL

Letters

Unhappy with civic service? Volunteer

Re: 'Civic duty is a pain in the neck' (Metro Nov. 7) Letter writer Christina Louis' complaints about poor service and old workers at her polling place speaks more to her sense of entitlement and perhaps her generation's reputation as complainers. Not to pat myself on the back, but when I was in my 30s I took vacation days from my job to serve in my polling place twice a year (at about $25 for a 14-hour day). Hey, here's an idea! Instead of taking time to letter-whine about bad service, you should volunteer and make it better!
F. MICHAEL ANGELO, VIA EMAIL

Via email

"Loving this 'Temp' series."

Robin Wagner
Re: 'Metro Exclusive: Douglas Coupland's "Temp"' (Metro, throughout November)

There's no place for racism and hazing in team sports

Hey guys, if "hazing is part of the game," somebody needs to run interference and change the rules. Racism is not acceptable. It is no joke and should have no place in any space. Team members should support each other, not assault each other with mean-spirited words and deeds. We often hear that there's no "I" in team. Insults, intimidation and ignorance need to be rooted out. More people need to step up and speak up. Jonathan Martin, you're brilliant, talented and very cool. All the best to you. Thank you for bringing this issue to the surface.
CAROLYN HOPPER, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

						5		
1	6		4			7		
	5		2		9	3		
		6	1				3	
9	3		8		5		2	7
	8				6	1		
		2	9		3		8	
		7			1		6	3
		5						

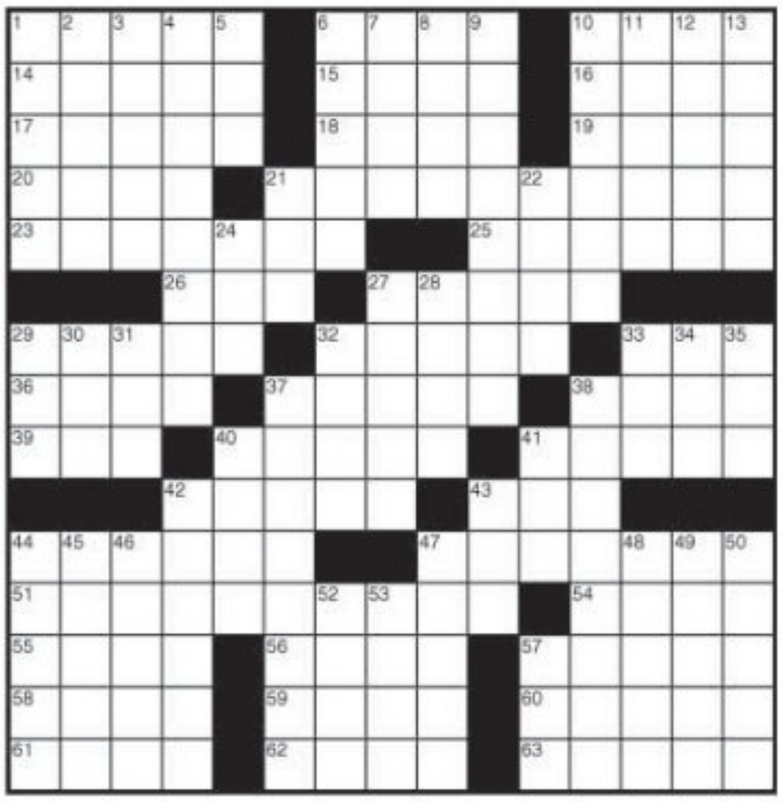
	1			6	9		5	
		8	7				9	
7			8	2				1
6		3	1					9
1					7	5		4
8				9	6			3
	3				1	9		
	6		2	7			1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 It might be down
6 Alan or Cheryl
10 Shellfish
14 "En garde" weapons
15 Happily — after
16 Rolling stone
17 Escapade
18 Oater backdrop
19 They're easily bruised
20 Ilk
21 Loud
23 Pancreas product
25 Dependable
26 Paramedic's skill
27 Tackle K2
29 Kith and kin
32 Hippodrome
33 Autumn mo.
36 Not defy
37 Preferring charges
38 Very willing
39 Eighteen-wheeler
40 Knight's mount
41 Stews over
42 Heavy hammers
43 Rightful
44 Marshal's badge
47 Fundraiser
51 Chili ingredient (2 wds.)
54 Rake tooth
55 Earthen pot
56 Kappa preceder
57 Broadcast again
58 Sir — Guinness
59 Reminder
60 Peace goddess
61 Orpheus played it
62 Degree holder
63 Height, to a cager

Down
1 Soft drink brand
2 Barbecue garb
3 Nurtures
4 Bluegrass State
5 Get nosy
6 Slot-machine fruit
7 With, to Maurice
8 Hubby of Lucy
9 Inducting
10 Amoretto
11 Trademarks
12 More or less
13 Like fallen logs
21 Caesar's man
22 Humorist— Bombeck
24 DJ's platters
27 Reacts to onions
28 Grant a mortgage
29 Gift-tag word
30 Sapporo sash
31 Table part
32 Ayla's creator Jean—
33 Pamplona shout
34 Surefooted pet
35 NFL events
37 Cramming
38 Hand shakers
40 Discount event
41 Good times
42 Threaten
43 Fox's abode
44 Norwegian toast
45 Rolling, in a way
46 Lazy one
47 Bleated
48 Arouses enthusiasm
49 Foolish plus
50 Doctrine
52 Rude dude
53 Sundance Kid's wife
57 Narrow inlet



Weekend's answer

M	A	H	A	L		H	I	F	I		S	H	E	B
I	V	A	N	A		O	D	O	R		T	O	M	E
T	I	N	N	Y		N	O	G	S		A	M	E	N
T	A	D		O	D	D	L	Y		F	R	E	R	E
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B	R	E	A	K		D	I	T	T	O		A	R	A
O	A	T	S		O	O	N	A		I	D	L	E	S
S	C	O	T		Y	M	I	R		S	I	L	L	S
E	E	N	Y		L	O	T	I		T	R	Y	S	T

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Pats in prime position through all the drama

NFL. Metro hands out Patriots superlatives as New England heads into the stretch run of the 2013 season.

The Patriots are sitting pretty atop the AFC East with a 7-2 record after their Week 10 bye. It certainly hasn't been a pretty seven wins, but it's those grind-it-out games that may prove beneficial down the stretch.

So, how did the Pats get to this point and where are they going? Here are some superlatives heading into the final seven games of the regular season.

MVPs (so far): Chandler Jones and Devin McCourty
On a defense that has lost so many players over the course of the season, you'd think that the Patriots would be giving up tons of points. But through their first nine games, they're only allowing an average of 19.4 points per game, good for eighth fewest in the NFL. The defensive line has taken some hits, but Jones is doing his own hitting. He has 50 tackles on the year, including a team-high 8.5 sacks. McCourty is the most versatile player on the Patriots, being able to play safety, cornerback and special teams. He also has 50 tackles on the season, to go with six passes defended. He's been huge in the secondary for New England, especially when Aqib Talib has been out.

Could Rob Gronkowski and the Patriots make a return trip to MetLife Stadium in February? It now seems possible. / GETTY IMAGES

Storybook yearbook?

More Pats superlatives:

- **Most likely to be snubbed by a teammate: Tom Brady**
So far, Brady has had the worst statistical season of his career. Things seem to be on the upswing on the field but Brady is still having trouble completing celebratory high fives on the sidelines.
- **Top freshman: Aaron Dobson**
The rookie has three touchdowns in the past two weeks after recording just one through the first seven games of the season. Kenbrell Thompkins had been leading this category but he has been targeted by Brady just eight times since the beginning of October.

Biggest loss: Vince Wilfork
You could make a case for Jerod Mayo — the brains of the defense — but Big Vince edges out Mayo here. The reason is simple: Wilfork is the best nose tackle in the game, oftentimes commanding double teams, which then frees things up for another player on the Patriots' D. With Wilfork (and Tommy Kelly) out for the year, opposing teams have found success up the gut, averaging 128.2 yards on the ground per game (30th in NFL). Replacements Chris Jones and Joe Vellano are doing their best to fill in.

They'll need more from: Stevan Ridley
Ridley rushed for 1,263 yards and 12 touchdowns last season. Needless to say, there were big expectations for him this season. That's why it's been a bit of a head-scratcher as to why his role in the offense started off so small. Ridley has only reached the 20-carry plateau twice this season, and topped 100 yards once, last week. Perhaps that's a sign of things to come. The Patriots' offense has been hard to watch at times, so getting Ridley more involved to help balance the passing game with the running game is essential.

Most likely to be dominant by Christmas: Rob Gronkowski
To give you an idea of the importance of Rob Gronkowski to the Pats' offense this year, he's already reached a new career-high in receptions per game — twice. Gronk caught a then-career-high eight passes against the Jets in Week 7, only to pass that in Week 9 against the Steelers (nine catches, 143 yards, one touchdown). He's averaging 11 targets per game. But even when Gronk isn't catching passes, he makes an impact with his blocking and by opening up the field for receivers like Danny Amendola, Julian Edelman and Aaron Dobson. Gronk is vital to New England's success down the stretch.

JAMES TOSCANO
sports@metro.us

Around the NFL

- **Rams 38, Colts 8**
Few saw this one coming. St. Louis rookie Tavon Austin lit up Indy as he returned a punt 98 yards for a touchdown, and caught a pair of long touchdown passes from Kellen Clemens in the blowout victory. St. Louis owned a 28-0 lead at halftime.
- **Seahawks 33, Falcons 10**
The Seahawks played a near-perfect game Sunday and the struggling Falcons couldn't keep pace as Atlanta was out of it by the half. Russell Wilson tossed for 287 yards and a pair of touchdowns with Golden Tate hauling in 106 of those yards.
- **Eagles 27, Packers 13**
Nick Foles led the Eagles to another big victory, throwing three touchdown passes on the day. Riley Cooper had touchdown catches of 45 and 32 yards in a 17-point Philadelphia third quarter.
- **Giants 24, Raiders 20**
The Giants continued to give their fans reason to believe an unheard-of second half playoff push is possible as they improved to 3-6 on the season. Terrell Thomas' interception and Andre Brown's 115 yards rushing led the way for New York.
- **Ravens 20, Bengals 17**
The Ravens nearly choked away a victory Sunday, allowing Cincy to force overtime as James Ihedigbo tipped a Bengals Hail Mary pass perfectly into the arms of AJ Green at the end of regulation. But Baltimore showed some championship grit, getting kicker Justin Tucker in position to kick a game-winning 46-yard field goal.
- **Broncos 28, Chargers 20**
Peyton Manning tossed for 330 yards and four touchdowns as Denver held off a late San Diego charge.

Zac Stacy and the Rams upset the Colts Sunday. / GETTY IMAGES

3 SPORTS

Alleged hazing

Incognito speaks on Martin

Miami Dolphins offensive lineman Richie Incognito spoke at length for the first time regarding the alleged bullying of fellow lineman Jonathan Martin in an interview that was aired Sunday on FOX.

"When words are put in a context, I understand why a lot of eyebrows get raised," Incognito, who is currently suspended from the team, told FOX. "But people don't know how Jon and I communicate to one another. For instance, a week before this went down, Jonathan Martin texted me on my phone, 'I will murder your whole f—ing family."

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Monday, November 11, 2013

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Friday 11/15/13 and 10:00 A.M. until 2:00 P.M. on Saturday 11/16/13.
To be sent email or USPS: Call 617-934-2315 or Email 381congressstreet@gmail.com.
Application Deadline is 12/3/13, mailed and postmarked that day to: 22 Boston Wharf Road, South Boston, MA 02210.

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EOE

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Legal Notices

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Remponneau Dugard aka Dugard Remponneau to Cornerstone Mortgage Corporation, dated October 23, 2003 and recorded with the Suffolk County Registry of Deeds at Book 33199, Page 237, subsequently assigned to Mortgage Electronic Registration Systems, Inc. as nominee for, GMAC Mortgage Corporation, its successors and assigns by Cornerstone Mortgage Corporation, by assignment recorded in said Registry of Deeds in Book 33199, Page 254, subsequently assigned to GMAC Mortgage, LLC by Mortgage Electronic Registration Systems, Inc., by assignment recorded in said Registry of Deeds in Book 46203, Page 142, subsequently assigned to Green Tree Servicing LLC by GMAC Mortgage, LLC by assignment recorded in said Registry of Deeds in Book 51672, Page 185, of which the Mortgage the undersigned is the present holder, for breach of the conditions of said Mortgage and for the purpose of foreclosing the same will be sold at Public Auction at 12:00 PM on November 25, 2013 at 68 Stanton Street, Boston (Dorchester District), MA, all and singular the premises described in said Mortgage, to wit:

The land in said Dorchester, said County and Commonwealth, namely, the land with the buildings thereon, situated in that part of Boston called Dorchester, being the estate numbered 68 Stanton Street and being called lot C on the plan by H.T. Whitman, et al, Surveyor, dated September, 1897, recorded with Suffolk Deeds, Book 4141, Page 163, and bounded and described as follows:
WESTERLY on said Stanton Street, forty-two (42) feet;
NORTHERLY by Lot B on said plan, one hundred thirty-six and 90/100 (136.90) feet;
EASTERLY by land now or formerly of Porter E. Cummings forty-two and 03/100 (42.03) feet; and
SOUTHERLY by Lot D on said plan, one hundred thirty-five and 10/100 (135.10) feet.

Containing, according to said plan, 5,714 square feet of land.
For my title see deed dated April 29, 1977 and recorded at said Registry in Book 5950, Page 511.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

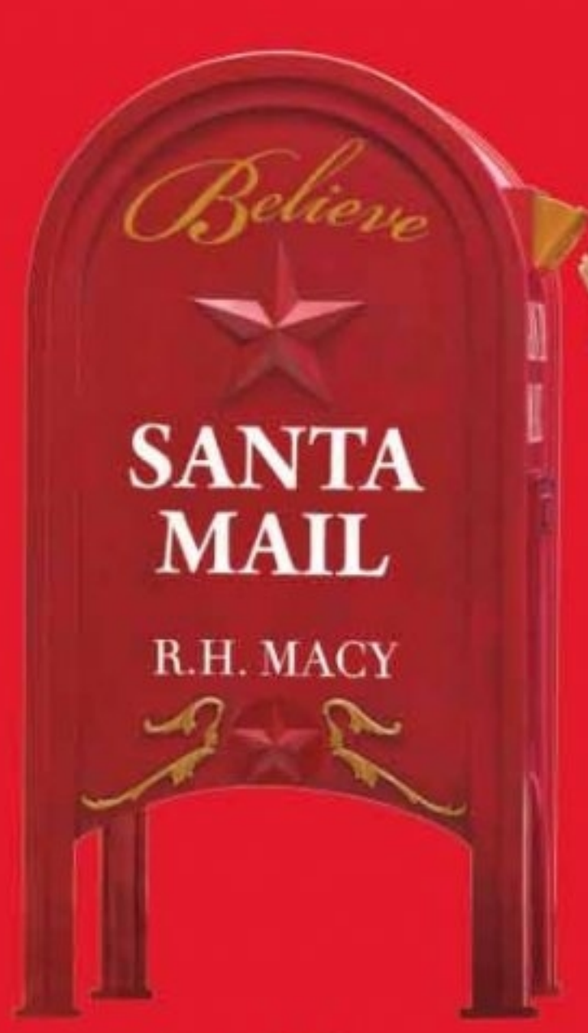
A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

Green Tree Servicing LLC
Present Holder of said Mortgage,
By Its Attorneys,
ORLANS MORAN PLLC
P.O. Box 540540
Waltham, MA 02454
Phone: 781-790-7800

11/4/13, 11/11/13, 11/18/13

a million reasons to Believe



Yes, Virginia, there is a Santa Claus!

WRITE A LETTER TO SANTA AND HELP MAKE WISHES COME TRUE

This holiday, bring your stamped letter to Macy's, addressed to Santa at The North Pole, and drop it into our special Santa letterbox. We'll count them up, and for each letter received, we'll donate $1 to Make-A-Wish®, up to $1,000,000. Then, we'll bring them to the Post Office for mailing to Santa, and together, we'll collect a million reasons to believe.

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And, watch ABC's *Good Morning America* from 7 a.m.-9 a.m. for tallies on the letters to The North Pole throughout the holidays. abc GOOD MORNING AMERICA

Don't miss the season's traditional animated classic based on the timeless true story that inspired a whole new spirit of believing. ***YES, VIRGINIA* WILL AIR ON FRIDAY, DECEMBER 6, 8:30 P.M. ET,** so check your local listings. Plus, Macy's declares Friday, December 6, National Believe Day!

Own the award-winning holiday classic *Yes, Virginia*. Shown: Book. 16.99. **NEW.** Baby Virginia Plush Doll. 9.99. Virginia Plush Doll. 19.99. Believe Stocking. 9.99. Mailbox Ornament. 6.99. Virginia Ornament. 6.99. DVD with Spanish audio option. 9.99. Selection varies by store. 10% of the purchase price of the book and DVD will benefit Make-A-Wish.

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